

Pear Kabobs with Strawberry Dipping Sauce

Prep time: 15 minutes

Makes: 6 Kabobs

Ingredients

- 1 cup** yogurt, low-fat vanilla
- 4 tablespoons** strawberry preserves
- 2** pears (cored and cut into 1-inch cubes)
- 2 cups** strawberries (stems removed)
- 2** bananas (cut into 1-inch slices)
- 1 can** pineapple chunks, drained

Directions

1. In a small bowl, combine the vanilla yogurt and strawberry preserves. Set aside.
2. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.
3. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Notes

Other materials needed:



- Six wooden skewers
- small bowl

Nutrition Information

Nutrients	Amount
Calories	195
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	34 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Total Sugars	34 g
Added Sugars included	9 g
Protein	3 g
Vitamin D	0 IU
Calcium	98 mg
Iron	1 mg
Potassium	465 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1 1/4 cups
	Dairy	1/4 cup

- cutting board
- can opener
- paring knife
- measuring spoons
- platter or large plate

Source: USA Pears. Pear Bureau Northwest.